

THIRSTY?

American psychologist Abraham Maslow published a Hierarchy of Needs in 1943. Since then, it has become a popular psychological framework to understand human behavior and is taught in universities across the globe. It lists the basic human needs in order of perceived importance and states that humans need their most basic needs met (physiological) before they will seek fulfillment of higher needs like safety, belonging, esteem, and self-actualization. Moreover, he stated that the lower levels must be realized before a person can move on to the next stage. What is troublesome is that the spiritual needs of an individual are at the top of the hierarchy. This means, according to this popular theory, that a person will not truly recognize the need nor seek the spiritual until all their physical, social, and emotional needs are fulfilled.

Psalm 63:1

*O God, you are my God; earnestly I seek you;
my soul thirsts for you;
my flesh faints for you,*

Conversely, David likens his need for the Lord to desperate, life-redeeming water in the wilderness. Simply put, God is the basic need, not a higher level of existence. Ironically, David is believed to have been in the wilderness (2 Sa 15:23, 28; 16:2), where it is not safe, where there is no belonging, and where he is not highly esteemed. This is a result of Absalom's rebellion against him. Rather than focusing on the "basics" first, David calls God his most basic need. He is saying the Lord is the solution to all the other needs. And, if he has God, the other priorities will either be unimportant or provided for (Matthew 6:33-34).

The Mayo Clinic says, "Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly." A person can only live a few days without water before they die. As a result, the body was designed with a thirst mechanism that notifies it that it needs to consume water. It is this thirst that propels humans to seek what they desperately need to live.

When David says he thirsts and faints, he is saying in the original language that his existence yearns for God like water. He is the most basic need.

Psalm 42:1-2

*As a deer pants for flowing streams,
so pants my soul for you, O God.
My soul thirsts for God,
for the living God...*

Are you thirsty? Is the Lord your most basic need?

John 4:13-14

¹³ Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴ but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.

The water is there. Seek it, drink it, and LIVE!

Eyes Up,
Ryan